

## Cognitive Behavioral Therapy

1. Rational Emotive Behavior Therapy
2. Beck's CBT

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## Assumption of all Cognitive Models

“The basic assumption ... is that people contribute to their own psychological problems, as well as specific symptoms, by the way in which they interpret events and situations in their life. To a large degree, cognitive-behavioral therapy is based on the assumption that a reorganization of one's self-statements will result in a corresponding reorganization of one's behavior” (Corey, 1996).

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## Rational Emotive Therapy

- Founder: Albert Ellis
- Stresses thinking
- Assumes that cognitions, emotions, and behaviors interact
- Therapy is seen as an educational process
  - Clients learn to identify and dispute irrational beliefs
  - Replace ineffective ways of thinking with effective and rational cognitions



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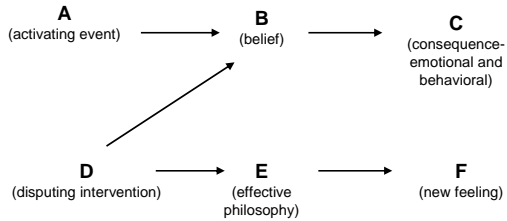
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### The A-B-C Model



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### How do psychological issues arise?

- Learning irrational beliefs in childhood
- Actively reinforce irrational beliefs by self-repetition and by behaving in ways that reinforce the beliefs

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### Goals of REBT

- Achieve unconditional self acceptance and unconditional other acceptance
- Create a more realistic and workable philosophy of life by changing dysfunctional/irrational thoughts and emotions into healthy ones.

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### Therapist's Role

- Show clients that they have incorporated irrational thoughts into their thought processes
- Encourages client into activities that counters these thoughts
- Teaches them how to substitute rational beliefs

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VIDEO

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### Cognitive Behavioral Therapy

- Aaron Beck

Psychological issues arise b/c:

- Engage in faulty thinking
- Make incorrect inferences on inadequate or incorrect information
- Fail to distinguish between fantasy and reality



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Goals of Beck's  
Cognitive Behavioral Therapy

1. Change the way clients think by using their automatic thoughts and schema restructuring
  - Deactivate them
  - Modify their content
  - Construct more adaptive modes
2. Gather and weigh evidence
3. Discriminate between thoughts and reality
4. Behave in a way that is congruent with healthier, realistic ways of thinking

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Cognitive Distortions

1) Arbitrary inference-

- Entails drawing conclusions in the absence of supporting evidence

Example:

“Eventually, he’ll see me for who I am and break up with me”

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Cognitive Distortions

2) Selective Abstraction

- You dwell on the negatives and ignore the positives.

Example: Although you earned an “A” on your chemistry test; you dwell on the fact that you earned a “C” on your English paper.

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### Cognitive Distortions

#### 3) Overgeneralization

- Making a negative generalization based on specific events

Example:

“Because I did poorly on my first test, I would not be a good counselor”

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### Cognitive Distortions

#### 4) Magnification/Minimization

- Perceiving something as far more or less significant than it is

Example: “If I don’t find the right present for his birthday, he’ll break up with me”

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### Cognitive Distortions

#### 5) Personalization

- Making an external event personal

Example: “Since she didn’t show up for our session, I must be a bad counselor”

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### Cognitive Distortions

#### 6) Labeling/Mislabeled

- Defining one's identity based on mistakes

Example: "Since he broke up with me, there must be something wrong with me"

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### Cognitive Distortion

#### 7) Polarization

- All or nothing thinking

Example: "If she doesn't love me, she must hate me"

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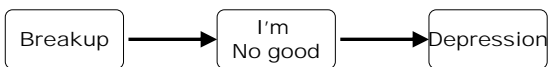
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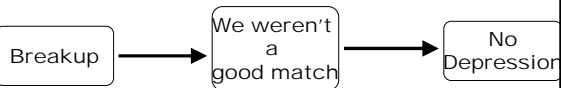
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### Beck's Cognitive Behavioral Therapy



Healthy Pattern



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### Therapist's Role

- Collaborative Empiricism
- A guide, catalyst and teacher
- Genuine, unconditional positive regard and empathy

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### VIDEO

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### Differences between REBT and CT

- View on dysfunctional beliefs
  - REBT: irrational
  - CT: problematic (e.g., too broad, too absolute)
- Therapeutic Style
  - REBT: highly directive, persuasive, and confrontive
  - CT: focuses on client self-discovery of misconceptions through reflective questioning

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## Cognitive Behavioral Techniques

- Socratic Dialogue

For example:

Client: I've been afraid that when I report to my new job on Monday, people will think I can't do the work.

Therapist: What does that tell you about the assumptions that you are making?

Client: Like I'm mind reading, like I know in advance what's going to happen.

Therapist: And what assumption might that imply?

Client: That I know what my new colleagues will think of me

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## Cognitive Behavioral Techniques

- Dysfunctional Thought Record

○ Method to assess client's thoughts, feelings and behaviors outside of therapy.

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The next time you notice yourself experiencing an unpleasant feeling (e.g., anxiety, sadness, anger), make an entry in the following chart (see pp. 284-5 in Corey for a list of cognitive distortions).

Situation	Emotion	<i>Automatic Thought</i>	<i>Cognitive Distortion</i>	<i>Rational Response</i>	Outcome

In rating degree of emotion, 1 = trace; 100 = the most intense possible.

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### Assignment

- Track your thoughts until the next class period.
- Write a one page, double spaced reaction to this assignment:
  - What did you notice about your thoughts?
  - How was it to identify your thoughts?
  - What impact did reframing have?

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### Cognitive-Behavioral Techniques

- Hypothesis Testing
- Decatastrophizing
- Decentering
- Reframing
- Homework
- Behavioral Techniques

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### Strengths

- Discourages dependence on counselor
- REBT is comprehensive
- Beck is a pioneer
- It works!

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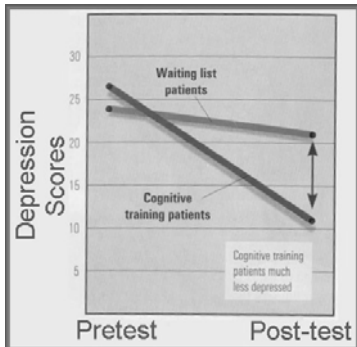
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## Cognitive Therapy

● Does it work??



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## Weaknesses

- REBT does not explain why one clings to their beliefs
- Danger to impose therapists own philosophy on clients
- Doesn't emphasize emotions much and focuses too much on thoughts

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